SAM KABERT

SPEAKER PACKET

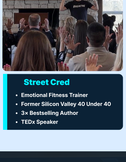
Sam Kabert

Keynote Speaker | Emotional Fitness Trainer

Helping leaders regulate pressure, think clearly, **and** lead effectively **under sustained demand.**

Because Business is Still Human.

samkabert.com • sam@samkabert.com



Street Cred

- **Emotional Fitness Trainer**
- **Former Silicon Valley 40 Under 40**
- **3x Bestselling Author**
- **TEDx Speaker**

SHORT BIO

Emotional Fitness for **modern leadership.**

Sam Kabert is an Emotional Fitness Trainer helping leaders regulate pressure, think clearly, and lead effectively under sustained demand. Grounded in neuroscience and the 90-Second Rule, his work shows how emotions move through the body in less than 90 seconds and how leaders can interrupt stress cycles in real time using the B.R.E.A.T.H. Method and NLP-based regulation techniques.

A former Silicon Valley entrepreneur, 40 Under 40 honoree, and 3× bestselling author, Sam helps organizations shift from reactive mental health conversations to proactive emotional fitness that strengthens resilience, culture, and leadership performance.

SIGNATURE KEYNOTES

Three talks **built for leaders under pressure.**

Each keynote gives audiences practical tools to regulate stress in real time, restore clarity, and strengthen sustainable leadership performance.

The 90-Second Reset

Emotional Fitness for Modern Leadership

A practical reset for leaders to regulate their state before stress impacts communication, decisions, and performance.

Burnout Isn't the Problem

Why Stress Management isn't Enough

A deeper look at nervous system regulation, emotional patterns, boundaries, and sustainable performance.

Soul Life Mindset

Work-Life Balance is a Myth

A model for balancing doing with being through neuroscience, breathwork, and emotional fitness tools.

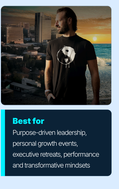
The **90-Second Reset**

Emotional Fitness for Modern Leadership

High-performing leaders don't struggle because they lack strategy, they struggle when stress takes over. This keynote introduces Emotional Fitness as a practical leadership skill, showing leaders how to regulate their state, regain clarity, and reset in real time before stress impacts communication, decisions, and performance.

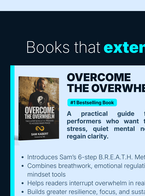
AUDIENCE TAKEAWAYS

- Reset their state in 90 seconds or less using breath-based techniques + neuroscience
- Build Emotional Fitness as a practical leadership skill
- Reduce accumulated stress by addressing it in real time
- Leave with a repeatable reset they can use and teach



Best for

Leadership events, company offsites, high-pressure teams, culture and resilience programs



Burnout **isn't the problem**

Why Stress Management Isn't Enough

Burnout is about more than workload. This keynote explores how nervous system regulation, emotional patterns, and boundaries affect performance and gives leaders practical tools to handle pressure more sustainably.

Best for

Wellbeing initiatives, leadership development, manager training, HR and people conferences

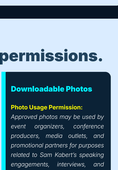
AUDIENCE TAKEAWAYS

- Recognize patterns that contribute to burnout
- Regulate stress in real time
- Build greater emotional resilience
- Create healthier, more sustainable performance habits

Soul Life **Mindset**

Work-Life Balance is a Myth

Work and life both demand constant output. This keynote introduces Soul Life Mindset: a new model that helps leaders balance doing with being by strengthening the internal skills that drive clarity, resilience, and performance.



AUDIENCE TAKEAWAYS

- Understand the difference between doing and being—and why it's the missing link
- Use the 90-Second Reset to restore clarity in real time
- Increase capacity for pressure without sacrificing performance
- Build emotional resilience and stronger leadership presence

Best for

Purpose-driven leadership, personal growth events, executive retreats, performance and transformative mindsets

FEATURED BOOKS

Books that **extend the keynote experience.**

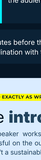


OVERCOME THE OVERWHELM

#1 Bestselling Book

A practical guide for high performers who want to reduce stress, quiet mental noise, and regain clarity.

- Introduces Sam's 6-step B.R.E.A.T.H. Method
- Combines breathwork, emotional regulation, and mindset tools
- Helps readers interrupt overwhelm in real time
- Builds greater resilience, focus, and sustainable performance



SOUL/LIFE BALANCE

#1 Bestselling Book

A new approach to success that moves beyond traditional work-life balance and helps people reconnect with themselves while still pursuing meaningful goals.

- Explores the balance between doing and being
- Helps readers redefine success beyond achievement
- Addresses burnout, disconnection, and overwork
- Builds greater alignment across work, relationships, health, and purpose

VIDEOS + PHOTOS

Video links, clips, and photo permissions.

Long-Form Videos

- TEDx Talk
- Speaker Reel
- 10 Minute Preview

Featured Clips

Clip #1: The 90-Second Reset

Clip #2: Emotional Fitness / Leadership

Clip #3: Business is Still Human

Downloadable Photos

Photo Usage Permission:
Approved photos may be used by event organizers, conference producers, media outlets, and promotional partners for purposes related to Sam Kabert's speaking engagements, interviews, and event promotion.

Google drive folder

EVENT PRODUCTION

Simple setup for **a smooth session.**

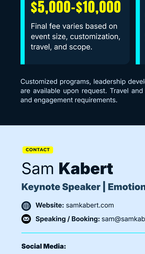
Preferred Microphone: "Countryman" microphone preferred. A lavalier microphone may also be used when appropriate.

Audio: Ability to play audio through the room sound system if included within the presentation.

Slides: Sam typically presents using slides. Presentation should be pre-loaded and tested prior to the session. HDMI connection or compatible presentation connection required.

Stage: Sam prefers the ability to move freely around the stage and interact with the audience. No podium preferred.

Soundcheck: Please allow approximately 20–30 minutes before the event for microphone check, slide check, audio check, stage orientation, and coordination with the AV team.



PLEASE READ EXACTLY AS WRITTEN

Stage **introduction.**

Our next speaker works with high-performing leaders who look successful on the outside, but know that white-knuckling pressure isn't a sustainable strategy.

Grounded in neuroscience and the 90-Second Rule: the brief window in which the body can complete a stress response if it isn't re-triggered by the mind. He teaches practical tools that move leaders beyond reactive mental health conversations into proactive Emotional Fitness as a core leadership capability.

Through his work, he also certifies leaders and facilitators to embed Emotional Fitness into organizations at scale.

Please welcome Emotional Fitness Trainer, former Silicon Valley entrepreneur, and 3× bestselling author — Sam Kabert.

RATE CARD

Speaking & training **investment.**

Keynote Investment

$5,000-$10,000

Final fee varies based on event size, customization, travel, and scope.

Full-Day Workshop / Training

Starting at $17,000

Two-Day Leadership & Team Experience

Starting at $27,500+

Customized programs, leadership development engagements, and multi-session organizational partnerships are available upon request. Travel and accommodations may be quoted separately depending on location and engagement requirements.

CONTACT

Sam **Kabert**

Keynote Speaker | Emotional Fitness Trainer

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Social Media:

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Facebook: facebook.com/Kabert

TikTok: tiktok.com/@samkabert

YouTube: youtube.com/channel/UCHi-hxuxUe2ZIPJCMkZ7fFQ

